

Town of Weymouth

PARENTS

The Weymouth Youth Coalition's Substance Abuse Prevention Team needs your help in the fight to prevent underage drinking in Weymouth.

KNOW THE FACTS:*

Weymouth has a significantly higher rate of alcohol use among high school age students.

- 68.3% of High School students report having tried alcohol in lifetime
- 68.4% of High School students report having used alcohol at least once in the past year
- 44% of High School students report using alcohol in the past 30 days
- 27.5% of those who drank in the past 30 days report binge drinking

***From the Communities That Care that Care survey administered to WPS students in grades 7 – 12 on September 25, 2007**

WHAT YOU CAN DO TO HELP:

Be aware that your home is a major source of substances like prescription drugs, alcohol, and inhalants

- Lock up alcohol and prescription drugs
- Go through your home and identify substances that might be abused and replace or remove risky products when possible.
- Watch your children for possible substance abuse problems, and deal with concerns right away.

Be aware of how your use of alcohol and/or drugs can influence your child:

- Be consistent with words and actions and model positive behavior
- Don't drink and drive

Plan at least three family dinners per week

Participate in the Strengthening Families Program offered at various locations throughout Weymouth

Support the efforts of the Weymouth Youth Coalition Substance Abuse Prevention Team

Substance abuse prevention starts at home